

Aquatics: Preschool Swim Lessons

Parent/Child *ages 6 months-4 years* 30 minutes.

Parent/Tot *ages 6-35 months*: No skills required. Parent- assisted program designed to build elementary swimming and safety skills.

M/W or T/TH: 6:30 pm

M-TH: 10:00 am, 4:00 pm, 5:45 pm

SAT: 10:00 am

Preschool Lessons *ages 3-5 years* 30 minutes.

Pike (Beginner I): No skills required. Must be ready for group setting without parent.

M/W or T/TH: 6:30 pm

M-TH: 10:00 am, 4:00 pm, 5:45 pm

SAT: 10:00 am

Eel (Intermediate): No skills required. Child can float on back and front with assistance, can put face in water and swim with a flotation device. In this class child will learn

M/W or T/TH: 6:30 pm

M-TH: 10:00 am, 4:00 pm, 5:45 pm

SAT: 10:30 am

Ray (Intermediate/Advanced): Child can swim without flotation belt, glide and float, jump in the water, and swim to the wall. **Note: Ray and Starfish are taught together.*

M/W or T/TH: 6:30 pm

M-TH: 10:00 am, 4:00 pm, 5:45 pm

SAT: 10:30 am

Starfish (Advanced): Child can tread water & swim 25 feet using a modified crawl stroke.

M/W or T/TH: 6:30 pm

M-TH: 10:00 am, 4:00 pm, 5:45 pm

SAT: 10:30 am

Register online now!



Session Dates

Mon/Wed or Tue/Thurs Classes

June 7 – July 1

July 5 – July 29

August 9 – September 2

Monday–Thursday Classes

June 7 – July 17

July 21 – July 1

July 5 – July 15

July 19 – July 29

Saturday Classes

June 5 – June 26

July 10 – July 31

August 14 – September 4

Swim Session Fees

Weekdays: MEM: \$65 PRO: \$85

Saturdays: MEM: \$45 PRO: \$55



Adaptive Swim

Adaptive Swim: Private and group lessons for both children and adults adapted to fit the needs, gifts and limitations of each student. Contact curtisw@ymcaatlanta.org for more information and reservations.



Aquatics: Youth & Adult Swim Lessons

Private Lessons

Private Swim: *members only ages 3+*: Students receive 4 one-on-one half-hour lessons with a certified swim instructor on a monthly basis. Please fill out a registration form and an instructor will contact you as soon as one becomes available.

Private lessons: \$120 • Semi-private lessons: \$80 each
Pool Buddies \$65 per child (4, 30-min. classes) *min 3 kids!

Youth Swim Lessons *ages 6-12* 45 min

Polliwog I (Beginner): No skills required.

M/W or T/TH: 7:15 pm

M-TH: 9:00 am, 4:45 pm

SAT: 11:15 am

Guppy (Advanced Beginner): Completed skills required for Polliwog II plus front paddle with eyes in water, back paddle and side paddle 20 yards.

M/W or T/TH: 7:15 pm

M-TH: 9:00 am, 4:45 pm

SAT: 11:15 am

Minnow (Intermediate): Completed skills required for Guppy plus swim 25 yards nonstop performing freestyle with side breathing, side kick and backstroke.

M/W or T/TH: 7:15 pm

M-TH: 9:00 am, 4:45 pm

SAT: 11:15 am

Fish (Advanced): Completed skills required for Minnow plus swim 50 yards nonstop freestyle, backstroke, side-stroke, elementary backstroke and know breaststroke.

**See times for Flying Fish/Shark!*

Flying Fish/Shark (Advanced): Completed skills required for Fish plus perform multiple laps of freestyle, backstroke, breaststroke, sidestroke and has been introduced to the butterfly.

M/W or T/TH: 7:15 pm

M-TH: 9:00 am, 4:45 pm

SAT: 11:15 am

**Fish and Flying Fish/Shark are taught together!*

Register online now!



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Swim Session Fees

Weekdays: MEM: \$65 PRO: \$85

Saturdays: MEM: \$45 PRO: \$55



Adult Swim Lessons *ages 13+*

T/TH: 7:15 pm • SAT: 11:15 am

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